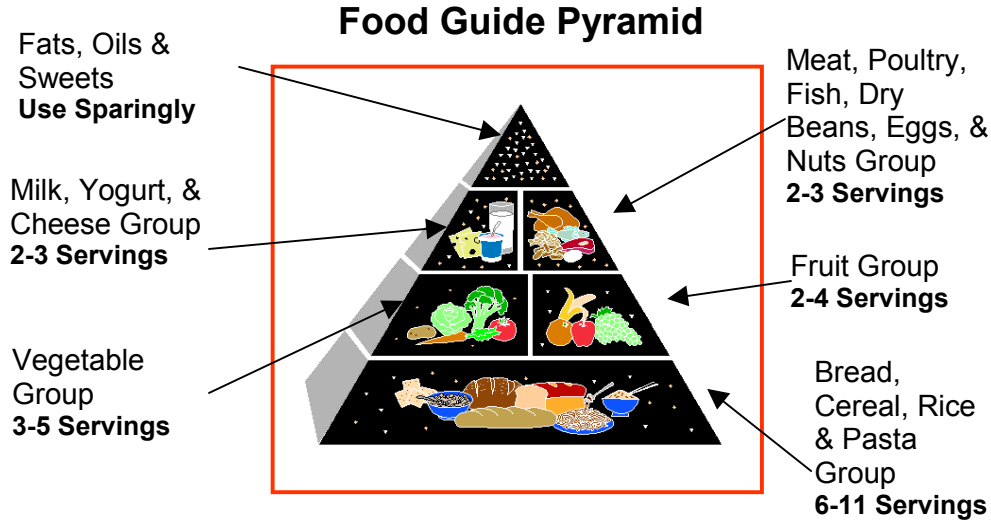


**Let the Pyramid guide your food choices.**



**How many servings do you need each day?**

<b>Food Group</b>	<b>Children 2-6, women, some older adults (about 1,600 calories)</b>	<b>Older children, teen girls, active women, most men (about 2,200 calories)</b>	<b>Teen boys, active men (about 2,800 calories)</b>
Grains	6	9	11
Vegetable	3	4	5
Fruit	2	3	4
Milk	2-3	2-3	2-3
Meat & Beans	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

**Grains Group**

- 1 slice of bread
- About 1 cup of ready-to-eat cereal
- ½ cup of cooked cereal, rice or pasta

**Vegetable Group**

- 1 cup raw leafy vegetables
- ½ cup other vegetables- cooked or raw
- ¾ cup vegetable juice

**Fruit Group**

- 1 medium apple, orange, banana, pear
- ½ cup chopped, cooked or canned fruit
- ¾ cup of fruit juice

**Milk Group**

- 1 cup of milk or yogurt
- 1½ ounces of natural cheese
- 2 ounces of process cheese

**Meat and Beans Group**

- 2-3 ounces of cooked lean meat, poultry or fish
- Count the following as 1 ounce of lean meat:
- ½ cup of cooked dry beans or ½ cup of tofu
  - 2 ½ ounce soyburger or 1 egg
  - tablespoons of peanut butter or 1/3 cup of nuts

**Dietary Guidelines 2000**

**The ABC's of good health**

**Aim for fitness**

- Aim for a healthy weight.
- Be physically active each day.

**Build a healthy base**

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

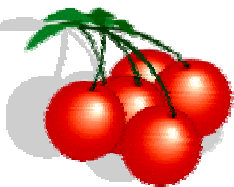
**Choose sensibly**

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- (for adults) If you drink alcoholic beverages, do so in moderation.

## Why is it important to let the Pyramid guide your food choices?

Different foods contain different nutrients and other healthful substances. No single food can supply all the nutrients in the amounts you need. For example, oranges provide vitamin C and folate but no vitamin B12; cheese provides calcium and vitamin B12 but no vitamin C. To make sure you get all the nutrients and other substances you need for health, build a healthy base by using the Food Guide Pyramid as a starting point.

Here are some basic easy ways to let the Pyramid guide your food choices:



### 1. Make plant foods the basis of your meals.

A healthy eating pattern starts with the three food groups at the base of the Pyramid: grains, fruits and vegetables. Enjoy meals that have rice, pasta, tortillas, or whole grain bread at the center of the plate, accompanied by plenty of fruits and vegetables and a moderate amount of low fat foods from the milk group and the meat and beans group.

### 2. Keep an eye on servings.

Find the number of servings on the previous that is right for you. Check out what counts as a serving. You may be surprised. For example, a serving of bread is one slice. When you eat a sandwich with two slices of bread, it counts as two servings of grain.

### 3. Choose a variety of foods for good nutrition.

Be sure to get an adequate number of servings from each food group.

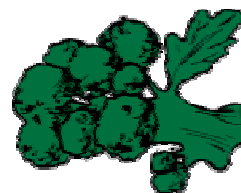
## Healthy food choices for children

### Calcium

There is window of opportunity for growing children and teens to develop healthy bones to last a lifetime. When selecting dairy products to get enough calcium, choose those that are low in fat or fat free to avoid getting too much saturated fat.

#### Some sources of calcium:

- Yogurt
- Milk
- Natural cheese such as Mozzarella, Cheddar, Swiss and Parmesan
- Soy-based beverages with added calcium
- Tofu, if made from calcium sulfate
- Breakfast cereal with added calcium
- Canned fish with soft bones such as salmon and sardines
- Fruit juice with added calcium
- Pudding made with milk
- Soup made with milk
- Dark-green leafy vegetables such as collards, and turnip greens



### Iron

Young children, teenage girls and women of childbearing age need enough good sources of iron, such as lean meat and cereals with added nutrients, to keep up their iron store.

#### Some sources of iron:

- Shellfish like shrimp, clams, mussels and oysters
- Lean meats (especially beef), liver and other organ meats
- Ready-to-eat cereals with added iron
- Turkey dark meat (remove skin to reduce fat)
- Sardines
- Spinach
- Cooked dry beans (such as kidney beans and pinto beans), peas (such as black-eyed peas), and lentils
- Enriched and whole grain breads and cereals

## Tropical Blueberry Smoothie

**Preparation Time: 10 Minutes** — 1 can (8 oz.) crushed pineapple, drained — 1 cup milk  
**Makes: 3 Servings** — 1 ripe banana, sliced — 1 cup fresh or frozen blueberries  
Combine pineapple, banana, milk, and blueberries in blender. Cover; blend until thick and smooth. Serve immediately. Garnish with banana, strawberry, and mint kabob, if desired.

Each serving of this recipe provides 1 fruit serving.

Nutrition Information Per Servings: 139 Calories, 2 g Fat, 6 mg Cholesterol, 43 mg Sodium, 29 g Carbohydrate, 4 g Protein